



## RECREATION DEPARTMENT

*The Heart of the Neighborhood*

Parkway Family Aquatic Center • 385 Park Way • (619) 691-5088



# LIFE GUARD TRAINING

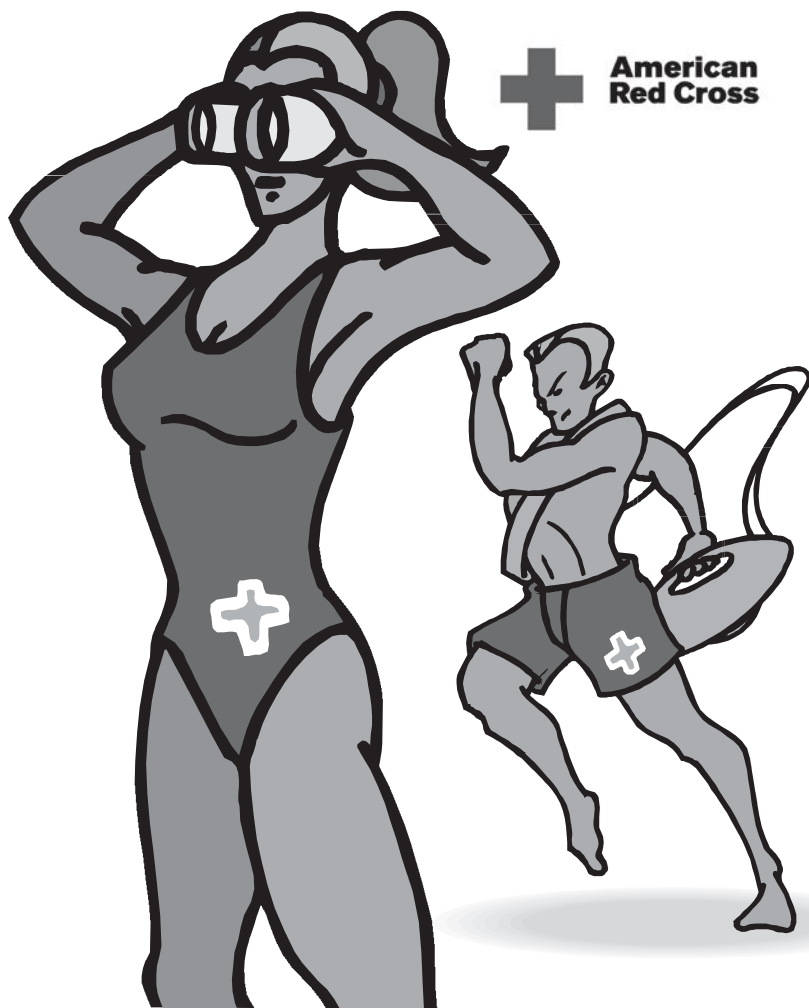
**Includes: Title 22 (ECC 2005)**

This class will teach potential lifeguards the skills and knowledge to prevent and respond to aquatic emergencies, providing the certifications necessary for employment with the City of Chula Vista as a Lifeguard I. The class includes interview training, and participants that successfully complete this course are guaranteed an opportunity to interview with the City of Chula Vista. Students that pass this class will receive the following American Red Cross certifications: Lifeguard Training, CPR for the Professional Rescuer, AED Essentials, and Title 22: First Aid for Public Safety Personnel. For more information call (619) 691-5099.

### PREREQUISITES

Participants must...

- be 15 years of age by October 11, 2008.
- be able to swim 300 yards continuously using crawl stroke and breaststroke.
- Swim 20 yards; retrieve a 10 pound brick from a depth of 10 feet; swim back to the starting point with the brick; and exit the pool within 1 minute and 40 seconds.



### FALL LIFEGUARD ACADEMY PARKWAY FAMILY AQUATIC CENTER

Saturday September 20	8 - 4 PM
Tuesday September 23	4 - 7 PM
Thursday September 25	4 - 7 PM
Saturday September 27	8 - 4 PM
Tuesday September 30	4 - 7 PM
Thursday October 2	4 - 7 PM
Saturday October 4	8 - 4 PM
Tuesday October 7	4 - 7 PM
Thursday October 9	4 - 7 PM
Saturday October 11	8 - 4 PM

\* Attendance at all dates and times is required.

Scholarships are available based on financial need. Contact Manuel Gonzalez at (619) 691-5099 for more information. Scholarship applications can also be requested at [aquatics@ci.chula-vista.ca.us](mailto:aquatics@ci.chula-vista.ca.us)

### FEES: payable to the "City of Chula Vista"

\$100 Non-refundable Registration Fee

\$91 for books and supplies (due after pretesting on first class)

\*Textbooks will be distributed on the first day of class.

### REGISTRATION: Activity # 7502.401

Register on-line at [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec) or at the Parkway Family Aquatic Center

Registration Deadline: September 19, 2008

### DIRECTIONS:

Take 805 to I-54 West; Exit Highland/4th Avenue and turn south; Aquatic Center is on the corner of 4th and Park Way.

\$50 rebate for participants that successfully complete the course; submit an application and tryout/interview for employment with the City of Chula Vista.